

6150 Foreland Garth
Columbia MD 21045
410-313-7217
Director: Kari Weidner

Longwood 50+ Center

March 2017

Days of Operation: Tuesday 9:00am – 1:30pm
Wednesday 9:00am – 2:00pm



www.howardcountyyaging.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Chinese Exercise 9:00am Chair Yoga 10:00am Lunch 12Noon Bread 1:30pm Ping Pong & Games 1:30-4:00pm 1	2	3
6	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:30-3:00pm 7	Chinese Exercise 9:00am Chair Yoga 10:00am Lunch 12Noon Bread 1:30pm Ping Pong & Games 1:30-4:00pm 8	9	10
13	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:30-3:00pm 14	Chinese Exercise 9:00am Bingo 10:00am Lunch 12Noon No Bread No Ping Pong Korean Church 2:00-4pm 15	16	17
20	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:30-3:00pm 21	Chinese Exercise 9:00am Chair Yoga 10:00am Lunch 12Noon Bread 1:30pm Ping Pong & Games 1:30-4:00pm 22	23	24
27	Chinese Exercise 9:00am Staff meeting No coffee or lunch Ping Pong & Games 1:30-3:00pm 28			